




"Is the F.B.I. in the habit of cleaning up after multiple murder?"



Chaz
 [cvillette](https://cvillette.livejournal.com/)

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2008-08-17 17:16:00

MOOD: 😊 thoughtful

MUSIC: Clue

Nightshade Casserole

It sounds scarier than it is. Many members of the nightshade family are tasty and wholesome: potatoes, eggplant, tomatoes, peppers, tomatillos, ground cherries.

Whatever shall we do with these delicious plants? Why, of course-
-put them in a pie! Or casserole, anyway.

Here's how you do it:

- Two medium-sized eggplants. Rosa Bianca or another sweet, tender eggplant is best.
- One large tasty fresh tomato
- Bread or cracker crumbs (home-made is best)
- Two sweet peppers, red is best
- Two sweet meaty chilis (very mild jalapenos, for example)
- One large can of some sort of canned tomato
- One half small can of tomato paste
- Roasted garlic
- One half of a large onion
- Two eggs
- Salt
- Fresh-ground black pepper
- Fresh basil
- Garlic Powder
- Fresh garlic
- Roasted garlic
- Olive oil
- Cheese

First, cut up your eggplant in half-inch thick rounds. Salt it lightly (kosher salt is best for this) and layer it in a large colander. Put the colander in a sink or suspend it over a large pot, and put a weight on top of it. One way to construct this weight is to put a small round plate on top of the eggplant and pile the canned tomato products on top. Leave it there overnight, or for at least several hours, to drain.

If you are using a supermarket eggplant, this step is important, because supermarket eggplant is bitter, and the salt draws the bitterness out, along with a lot of the fluid. Unfortunately, it will also turn the eggplant into sort of flat squishy disks. If you have gotten *good* eggplant, what you are trying to do is just draw out a little of the fluid so that in the long run you wind up with a dryer casserole instead of one that's kind of runny.

Roast the peppers and the tomato in the oven. Take the skins off and the seeds out and slice the peppers into strips. Set aside. Drop the skinned tomato into a fairly large bowl. Add the can of canned tomatoes (if they have a lot of fluid, lift them out with a slotted spoon and save the liquid for soup or something else) and the half-can of tomato paste. Mash this all together. If tomatoes are not in season, you can just use the canned ones.

Now that you have drained your eggplant, start heating a large skillet. When it is hot, cover the bottom with olive oil.

Mix your bread crumbs (dried out shoggoth makes good crumbs!) with some salt, pepper, paprika, and garlic powder. Beat together your eggs with a little cool water and begin dipping each slice of eggplant in the egg wash, and then breading it, and laying it in the sizzling oil. Continue until the bottom of the pan is covered in rounds of eggplant, except for an inch or so of space between them. Fry the eggplant on each side until golden-brown, remove from the pan, and reserve.

Repeat the process, frying the eggplant in batches, until you have cooked all the eggplant. You may have to add more oil as you go.

While the eggplant is frying, chop up your onions and two cloves of garlic. Add one clove to the onions and one to the tomato sauce..

Now clean out the pan, add some more oil, and sautee the onions and garlic.

While those are sauteeing, start building your casserole. Put a layer of breaded eggplant in the bottom of a casserole dish. On top of this, layer other things--some of the tomato sauce, the roasted garlic, the roasted peppers, shredded basil, cheese--I like to use goat cheese or cheddar or farmer's cheese or mozzarella or parmesan, or combinations--whatever. When the onions are cooked, those too. Then another layer of eggplant, and so on until you are done with everything. Sprinkle the last of the cheese on top, put it in a 350-degree oven for an hour, and go play WoW while dinner cooks.

Mmm.

If you like, you can leave out just about everything except the fried eggplant, the tomatoes, and the cheese. If you don't like peppers, for example, that might be smart. Though they do help cram a few more veggies (And another nightshade!) in there. But without the roasting, the whole thing is that much easier to assemble.

TAGS: [recipes](#)



[\[locked\] Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets. Puppets. Poppet puppets. Scary.](#)

8 comments

 [pdlloyd](#)

[August 17 2008, 23:14:49 UTC](#) [COLLAPSE](#)

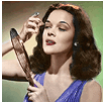
Yummy! Eggplant is one of my favorites.




 [kayjayoh](#)

[August 18 2008, 01:57:22 UTC](#) [COLLAPSE](#)

I can see making your Nightshade Casserole with John Scalzi's Shadenfreude Pie for dessert.



 [Ometotchtli](#)

[August 18 2008, 02:06:05 UTC](#) [COLLAPSE](#)

Re pie: Not bad. Wants pecans, though. Because while delighting in the misfortune of others, one wants a little crispness, like Dorothy Parker *bon mots*.



 [kayjayoh](#)

[August 18 2008, 02:08:51 UTC](#) [COLLAPSE](#)

Ooh, so true.

The one time I tried to make the pie, I ended up in failure mode, as it never really got to the "clean butterknife" stage after giving it a lot of extra time covered in foil to prevent burning.

We ate it anyway, while everyone in the kitchen revelling in my pie-making misfortune. So, rather appropriate, actually.



 [inaurolillium](#)

[August 19 2008, 01:20:19 UTC](#) [COLLAPSE](#)

Lalala. Churrascaria Marianted Steak recipe. With Chile Lime Sauce. Lalalala.




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[August 19 2008, 02:18:54 UTC](#) [COLLAPSE](#)

nom.



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[August 19 2008, 03:27:25 UTC](#) [COLLAPSE](#)

Doom nom nom, doom nom nom, doom nom nom...



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[August 19 2008, 11:51:27 UTC](#) [COLLAPSE](#)

The nomming! The nomming in the deep!